

2026

OCTOBER

Sycamore Wellness Center -
Monthly CalendarAddress: 9333 Tech Center Dr, Ste 100
Sacramento, CA 95826

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	01	02
			(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Anger Management (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) WC Group (4pm) Wellness Center Closes
05	06	07	08	09
		Spirit Week		
12	13	14	15	16
(8-10am) Coffee & AM Snacks Served (10-11am) Healing for your Inner Child (11:30am-1:30pm) PM Snacks Served (2-3pm) WC Group (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Music Appreciation (11:30am-1:30pm) PM Snacks Served (2-3pm) Laughter is Medicine (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Seeking Safety (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Anger Management (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) WC Group (4pm) Wellness Center Closes
19	20	21	22	23
(8-10am) Coffee & AM Snacks Served (10-11am) Healing for your Inner Child (11:30am-1:30pm) PM Snacks Served (2-3pm) Surviving Depression (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Music Appreciation (11:30am-1:30pm) PM Snacks Served (2-3pm) Knitting (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Seeking Safety (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Anger Management (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) WC Group (4pm) Wellness Center Closes
26	27	28	29	30
(8-10am) Coffee & AM Snacks Served (10-11am) Healing for your Inner Child (11:30am-1:30pm) PM Snacks Served (2-3pm) WC Group (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) Music Appreciation (11:30am-1:30pm) PM Snacks Served (2-3pm) Laughter is Medicine (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Seeking Safety (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am) WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) Anger Management (4pm) Wellness Center Closes	(8-10am) Coffee & AM Snacks Served (10-11am)WC Group (11:30am-1:30pm) PM Snacks Served (2-3pm) WC Group (4pm) Wellness Center Closes
02	03	04	05	06